

APPLICATION TO STUDY  
*Self-Realization Fellowship*  
LESSONS



“Everything else can wait, but your search for God cannot wait.”

—Paramahansa Yogananda



# Important Information for Lessons Subscribers . . .

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The aim of Self-Realization Fellowship is to make known to all truth-seekers scientific techniques through which they may attain direct personal experience of God. The printed *Self-Realization Fellowship Lessons* are arranged from writings and recorded lectures of Paramahansa Yogananda, founder of Self-Realization Fellowship.

Students are sent two lessons every other week and are encouraged to devote at least a week to studying each lesson, whether or not they have had a background in metaphysical studies. This is in keeping with the guidelines for study given by Paramahansa Yogananda, who stressed the importance of practicing and assimilating the principles and techniques taught in the *Lessons* rather than merely studying them intellectually.

## — SUBSCRIPTION PLAN —

There are 180 lessons numbering through 162/4 (some lessons have multiple parts). The series covers a period of about 3½ years. To enable all sincere seekers to receive the teachings of Paramahansa Yogananda, the subscription rates given on page 4 have been kept to a minimum and cover only part of the costs of the publications and services you receive. Like other nonprofit religious organizations, we depend upon donations from members and friends to cover the balance of our many expenses in serving a worldwide membership.

One needs to be at least 12 years of age in order to subscribe to the *SRF Lessons*. Guidelines for introducing children to the *Lessons* may be requested from the Mother Center.

Our society in India offers lessons material identical to that in the American edition, but they are not in the same sequence. Those who reside in India, Andaman Islands, Bangladesh, Bhutan, Maldives, Nepal, Nicobar Islands, or Sri Lanka, or who will be returning to these countries before completing the three-year course, are encouraged to subscribe to the teachings through Yogoda Satsanga Society of India: Yogoda Sakha Math; Paramahansa Yogananda Path; Ranchi, 834001, Jharkhand, India; or visit [www.ysofindia.org](http://www.ysofindia.org).

## — LESSONS IN OTHER LANGUAGES —

Those who do not know English are welcome to request information about *Self-Realization Fellowship Lessons* available in other languages. This application is for the *Lessons* in English only.

## — RECEIVING KRIYA YOGA —

After completing the first two steps of the *Lessons* and faithfully practicing the basic techniques learned in the first year, students are welcome to apply for the sacred technique of Kriya Yoga. Further information is included with *Lesson 52/1*.

## — TO SUBMIT YOUR LESSONS APPLICATION —

Option 1: **Apply online:** [www.srflessons.org](http://www.srflessons.org). (Using this method helps to ensure that your application reaches us and allows us to process it more efficiently.)

-or-

Option 2: **Apply by postal mail.** Please detach pages 1-2 and keep for your reference. Send completed application (pages 3-4) and remittance by postal mail only\* (no fax or scan) to:

Self-Realization Fellowship  
3880 San Rafael Avenue  
Los Angeles, California 90065-3219

For credit card payment by phone:  
Membership Services: 818-549-5151  
Mon.-Fri. 9:00 a.m.-12:30 p.m., 1:30-4:00 p.m. Pacific time

\* Although today it is very common to send and receive information digitally, when one enrolls for the *SRF Lessons*, there is a personal element involved that is part of receiving the sacred teachings and guidance of a God-attuned soul. By signing the Lessons Pledge, you are acknowledging that deep spiritual connection.

**Please Note: Your application is considered complete when we receive the original application with your hand-signed Lessons Pledge, to be sent by postal mail only.**

Please detach this page and keep for your reference.



— SIGNING THE LESSONS PLEDGE —

Although today it is very common to send and receive information digitally, when one enrolls for the *SRF Lessons*, there is a personal element involved that is part of receiving the sacred teachings and guidance of a God-attuned soul. By signing the Lessons Pledge, you are acknowledging that deep spiritual connection.

## Lessons Pledge

*"I wish to study the teachings and to learn the nonsectarian principles and techniques of meditation for God-communion taught by Self-Realization Fellowship.*

*"I am undertaking this study in a spirit of deepest sincerity. I realize that in order to progress spiritually on the Self-Realization Fellowship path I should study the Lessons faithfully and practice the techniques attentively and regularly.*

*"To help preserve these sacred teachings in their pure form, and to prevent philosophical misinterpretations and incorrect practice of the techniques by persons who have not been adequately instructed, I promise to keep these Lessons solely for my own private use. I will refer interested persons to Self-Realization Fellowship headquarters, that they may receive the complete teachings, and benefit from the direct spiritual link with the society founded by Paramahansa Yogananda."*

(You may, of course, discuss the general philosophy of Self-Realization Fellowship with others, but the *Lessons* themselves, and the techniques, are for your personal use only.)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of parent or guardian)

\_\_\_\_\_  
(Relationship to subscriber)

Note: If you are under 18 years of age please have your parent or guardian sign, indicating approval for you to study the *Lessons*.

Please note: Your application is considered complete when we receive the original application with your hand-signed *Lesson Pledge*, to be sent by postal mail only.

# Enrollment

The *Self-Realization Fellowship Lessons* are divided into six steps of approximately 30 lessons each. Two lessons are mailed every other week. You may subscribe to one or more steps, and you can renew later at any time. Several weeks before your subscription expires, a renewal notice will be sent to you for your convenience in renewing. **(Please allow 4–6 weeks for your first lesson to reach you.)**

Fees include a one-time enrollment fee of \$20.00. Each step is \$45.00. International mailing fee: additional \$15.00 per step.

Select one:

### United States

- Lessons Step 1 \$ 65.00
- Lessons Steps 1-2 \$110.00
- Lessons Steps 1-3 \$155.00
- Lessons Steps 1-4 \$200.00
- Lessons Steps 1-5 \$245.00
- Lessons Steps 1-6 \$290.00

### All Other Countries

- Lessons Step 1 \$ 80.00
- Lessons Steps 1-2 \$140.00
- Lessons Steps 1-3 \$200.00
- Lessons Steps 1-4 \$260.00
- Lessons Steps 1-5 \$320.00
- Lessons Steps 1-6 \$380.00

Lessons amount from above U.S. \$ \_\_\_\_\_

Donation U.S. \$ \_\_\_\_\_

Apply balance towards donation

**TOTAL AMOUNT** U.S. \$ \_\_\_\_\_

## METHOD OF PAYMENT

**Credit Card Payment**     Visa     MasterCard     American Express

Card No. \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_    Expiration Date \_\_\_\_\_ / \_\_\_\_\_  
(Month / Year)

Signature \_\_\_\_\_    Print name on card \_\_\_\_\_

### Other Payment Options

- SRF Credit Coupon
- PERSONAL CHECK OR MONEY ORDER:\* (U.S.A. & Canada only. No Eurochecks, please. **Canada:** indicate "U.S. Funds.")
- Commerzbank: Remittances can be sent through the Commerzbank in Frankfurt, Germany. Account information is: IBAN# DE 16 5004 0000 0589 2542 00; BIC: COBADEFFXXX. All remittances should be made in Euros rather than U.S. dollars. (The bank charges an extra fee for remittances made in dollars.) Please send us a copy of your Commerzbank receipt with this form.

Remitted \_\_\_\_\_ Euros on \_\_\_\_\_ (Date)

- International Postal Money Order\*: For those countries for which this is possible, please remit in **U.S. dollars**. Clearly indicate your name, address and reference number on the International Postal Money Order.

- International Bank Draft:\* Please remit in U.S. dollars. Bank drafts must be drawn on a bank in the U.S.A. (The bank deducts a \$25–\$40 collection fee from all checks drawn on banks that are outside the U.S.A.) Enclose the Bank Draft with this form.

\* Made payable to **Self-Realization Fellowship**

We are unable to accept payment by cash, Euro checks, or MoneyGram.